



WHI Follow-Up Dataset
Form 144 - OS Questionnaire Year 4

Data File: f144_av4_os_pub **File Date:** 07/19/2007 **Structure:** One row per participant **Population:** OS participants

Participant ID

Variable #	1	Usage Notes:	none
Sas Name:	ID	Categories:	Study: Administration
Sas Label:	Participant ID		
Type:	Continuous		

F144 Days since enrollment

Variable #	2	Usage Notes:	none
Sas Name:	F144DAYS	Categories:	Study: Administration
Sas Label:	F144 Days since enrollment		
Type:	Continuous		

F144 Current weight lbs

What is your current weight?

Variable #	3	Usage Notes:	none
Sas Name:	WTCUR_4	Categories:	Medical History: Height/Weight History Physical Measurements: Height/Weight History
Sas Label:	Current weight lbs		
Type:	Continuous		

F144 Highest weight in past year (lbs)

In the past year, what was your highest weight?

Variable #	4	Usage Notes:	none
Sas Name:	WTMAX_4	Categories:	Medical History: Height/Weight History Physical Measurements: Height/Weight History
Sas Label:	Highest weight in past year		
Type:	Continuous		

F144 Lowest weight in past year (lbs)

In the past year, what was your lowest weight?

Variable #	5	Usage Notes:	none
Sas Name:	WTMIN_4	Categories:	Medical History: Height/Weight History Physical Measurements: Height/Weight History
Sas Label:	Lowest weight in past year		
Type:	Continuous		



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F144 Walk more than 10 minutes

Think about the walking you do outside the home. How often do you walk outside the home for more than 10 minutes without stopping? (Mark only one.)

Variable # 6

Sas Name: WALKSWK_4

Sas Label: Walk more than 10 minutes

Type: Categorical

Usage Notes: none

Categories: Physical Activity

Values	
0	Rarely or never
1	1-3 times each month
2	1 time each week
3	2-3 times each week
4	4-6 times each week
5	7 or more times each week

F144 How many minutes walking

When you walk outside the home for more than 10 minutes without stopping, for how many minutes do you usually walk?

Variable # 7

Sas Name: MINSWALK_4

Sas Label: How many minutes walking

Type: Categorical

Usage Notes: Sub-question of F144 V1 Q4 "Walk more than 10 minutes".

Categories: Physical Activity

Values	
1	Less than 20 min
2	20-39 min
3	40-59 min
4	1 hour or more

F144 Usual walking speed

What is your usual speed?

Variable # 8

Sas Name: WALKSPD_4

Sas Label: Usual walking speed

Type: Categorical

Usage Notes: Sub-question of F144 V1 Q4 "Walk more than 10 minutes".

Categories: Physical Activity

Values	
2	Casual strolling
3	Average or normal
4	Fairly fast
5	Very fast
9	Don't know

**F144 Strenuous exercise**

STRENUOUS OR VERY HARD EXERCISE (You work up a sweat and your heart beats fast). For example, aerobics, aerobic dancing, jogging, tennis, swimming laps.

Variable # 9**Usage Notes:** none**Sas Name:** HDEXFREQ_4**Categories:** Physical Activity**Sas Label:** Strenuous exercise**Type:** Categorical**Values**

0	None
1	1 day per week
2	2 days per week
3	3 days per week
4	4 days per week
5	5 or more days per week

F144 Strenuous exercise how long

How long do you usually exercise like this at one time?

Variable # 10**Usage Notes:** Sub-question of F144 V1 Q5.1 "Strenuous exercise".**Sas Name:** HARDMINS_4**Categories:** Physical Activity**Sas Label:** Strenuous exercise how long**Type:** Categorical**Values**

1	Less than 20 min
2	20-39 min
3	40-59 min
4	1 hour or more

F144 Moderate exercise

MODERATE EXERCISE (Not exhausting). For example, biking outdoors, use of an exercise machine (like a stationary bike or treadmill), calisthenics, easy swimming, popular and folk dancing.

Variable # 11**Usage Notes:** none**Sas Name:** MDEXFREQ_4**Categories:** Physical Activity**Sas Label:** Moderate exercise**Type:** Categorical**Values**

0	None
1	1 day per week
2	2 days per week
3	3 days per week
4	4 days per week
5	5 or more days per week



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F144 Moderate exercise how long

How long do you usually exercise like this at one time?

Variable # 12

Sas Name: MODMINS_4

Sas Label: Moderate exercise how long

Type: Categorical

Usage Notes: Sub-question of F144 V1 Q5.3 "Moderate exercise".

Categories: Physical Activity

Values

1	Less than 20 min
2	20-39 min
3	40-59 min
4	1 hour or more

F144 Mild exercise

MILD EXERCISE. For example, slow dancing, bowling, golf.

Variable # 13

Sas Name: MLEXFREQ_4

Sas Label: Mild exercise

Type: Categorical

Usage Notes: none

Categories: Physical Activity

Values

0	None
1	1 day per week
2	2 days per week
3	3 days per week
4	4 days per week
5	5 or more days per week

F144 Mild exercise how long

How long do you usually exercise like this at one time?

Variable # 14

Sas Name: MILDMINS_4

Sas Label: Mild exercise how long

Type: Categorical

Usage Notes: Sub-question of F144 V1 Q5.5 "Mild exercise".

Categories: Physical Activity

Values

1	Less than 20 min
2	20-39 min
3	40-59 min
4	1 hour or more



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F144 Skin reaction to sun

After you have been out in the sun for 45-60 minutes for the first time during summer, which describes the reaction of your unprotected skin in exposed areas?

Variable # 15

Sas Name: EXPOSURE_4

Sas Label: Skin reaction to sun

Type: Categorical

Usage Notes: none

Categories: Miscellaneous Exposures

Values

0	No change in skin color
1	Tans but does not burn
2	Burns, then tans
3	Burns, then tans a minimal amount
4	Burns but does not tan

F144 Time outdoors/summer/childhood

Time outdoors/summer/During childhood (5-12 years old)

Variable # 16

Sas Name: SMSNCHLD_4

Sas Label: Time outdoors/summer/childhood

Type: Categorical

Usage Notes: none

Categories: Miscellaneous Exposures

Values

1	Less than 30 minutes
2	30 minutes to 2 hours
3	More than 2 hours

F144 Time outdoors/summer/teens

Time outdoors/summer/During your teens

Variable # 17

Sas Name: SMSNTEEN_4

Sas Label: Time outdoors/summer/teens

Type: Categorical

Usage Notes: none

Categories: Miscellaneous Exposures

Values

1	Less than 30 minutes
2	30 minutes to 2 hours
3	More than 2 hours



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F144 Time outdoors/summer/thirties

Time outdoors/summer/During your thirties

Variable # 18	Usage Notes: none
Sas Name: SMSNTHRT_4	
Sas Label: Time outdoors/summer/thirties	Categories: Miscellaneous Exposures
Type: Categorical	

Values

1	Less than 30 minutes
2	30 minutes to 2 hours
3	More than 2 hours

F144 Time outdoors/summer/this year

Time outdoors/summer/This year

Variable # 19	Usage Notes: none
Sas Name: SMSNNOW_4	
Sas Label: Time outdoors/summer/this year	Categories: Miscellaneous Exposures
Type: Categorical	

Values

1	Less than 30 minutes
2	30 minutes to 2 hours
3	More than 2 hours

F144 Time outdoors/other/childhood

Time outdoors/other seasons/During childhood (5-12 years old)

Variable # 20	Usage Notes: none
Sas Name: OTSNCHLD_4	
Sas Label: Time outdoors/other/childhood	Categories: Miscellaneous Exposures
Type: Categorical	

Values

1	Less than 30 minutes
2	30 minutes to 2 hours
3	More than 2 hours

F144 Time outdoors/other/teens

Time outdoors/other seasons/During your teens

Variable # 21	Usage Notes: none
Sas Name: OTSNTEEN_4	
Sas Label: Time outdoors/other/teens	Categories: Miscellaneous Exposures
Type: Categorical	

Values

1	Less than 30 minutes
2	30 minutes to 2 hours
3	More than 2 hours



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F144 Time outdoors/other/thirties

Time outdoors/other seasons/During your thirties

Variable # 22	Usage Notes: none
Sas Name: OTSNTHRT_4	
Sas Label: Time outdoors/other/thirties	Categories: Miscellaneous Exposures
Type: Categorical	

Values

1	Less than 30 minutes
2	30 minutes to 2 hours
3	More than 2 hours

F144 Time outdoors/other/this year

Time outdoors/other seasons/This year

Variable # 23	Usage Notes: none
Sas Name: OTSNNOW_4	
Sas Label: Time outdoors/other/this year	Categories: Miscellaneous Exposures
Type: Categorical	

Values

1	Less than 30 minutes
2	30 minutes to 2 hours
3	More than 2 hours

F144 Wear dark glasses/childhood

Wear dark glasses/During childhood (5-12 years old)

Variable # 24	Usage Notes: none
Sas Name: DGLSCHLD_4	
Sas Label: Wear dark glasses/childhood	Categories: Miscellaneous Exposures
Type: Categorical	

Values

0	No
1	Yes
9	Don't know

F144 Wear dark glasses/teens

Wear dark glasses/During your teens

Variable # 25	Usage Notes: none
Sas Name: DGLSTEEN_4	
Sas Label: Wear dark glasses/teens	Categories: Miscellaneous Exposures
Type: Categorical	

Values

0	No
1	Yes
9	Don't know



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F144 Wear dark glasses/thirties

Wear dark glasses/During your thirties

Variable # 26

Sas Name: DGLSTHRT_4

Sas Label: Wear dark glasses/thirties

Type: Categorical

Usage Notes: none

Categories: Miscellaneous Exposures

Values	
0	No
1	Yes
9	Don't know

F144 Wear dark glasses/this year

Wear dark glasses/This year

Variable # 27

Sas Name: DGLSNOW_4

Sas Label: Wear dark glasses/this year

Type: Categorical

Usage Notes: none

Categories: Miscellaneous Exposures

Values	
0	No
1	Yes
9	Don't know

F144 Wear hat outdoors/childhood

Wear hat outdoors/During childhood (5-12 years old)

Variable # 28

Sas Name: WRHTCHLD_4

Sas Label: Wear hat outdoors/childhood

Type: Categorical

Usage Notes: none

Categories: Miscellaneous Exposures

Values	
0	No
1	Yes
9	Don't know

F144 Wear hat outdoors/teens

Wear hat outdoors/During your teens

Variable # 29

Sas Name: WRHTTEEN_4

Sas Label: Wear hat outdoors/teens

Type: Categorical

Usage Notes: none

Categories: Miscellaneous Exposures

Values	
0	No
1	Yes
9	Don't know



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F144 Wear hat outdoors/thirties

Wear hat outdoors/During your thirties

Variable # 30

Sas Name: WRHTTHRT_4

Sas Label: Wear hat outdoors/thirties

Type: Categorical

Usage Notes: none

Categories: Miscellaneous Exposures

Values

0	No
1	Yes
9	Don't know

F144 Wear hat outdoors/this year

Wear hat outdoors/This year

Variable # 31

Sas Name: WRHTNOW_4

Sas Label: Wear hat outdoors/this year

Type: Categorical

Usage Notes: none

Categories: Miscellaneous Exposures

Values

0	No
1	Yes
9	Don't know

F144 Usually use sunscreen outside

During the past year, when you were outside for more than 10 minutes, did you usually use a sunscreen?

Variable # 32

Sas Name: SNSCRN_4

Sas Label: Usually use sunscreen outside

Type: Categorical

Usage Notes: none

Categories: Miscellaneous Exposures

Values

0	No
1	Yes

F144 Usual sunscreen SPF

What was the SPF (Sun Protection Factor) you usually used?

Variable # 33

Sas Name: SPF_4

Sas Label: Usual sunscreen SPF

Type: Categorical

Usage Notes: Sub-question of F144 V1 Q10 "Usually use sunscreen outside".

Categories: Miscellaneous Exposures

Values

1	2-9
2	10-14
3	15-24
4	25 or more
9	Don't know



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F144 Smoke cigarettes now

Do you smoke cigarettes now?

Variable #	34	Usage Notes:	none
Sas Name:	SMOKENW_4	Categories:	Lifestyle: Smoking
Sas Label:	Smoke cigarettes now		
Type:	Categorical		
Values			
0	No		
1	Yes		

F144 Cigarettes per day

How many cigarettes do you usually smoke each day? (Mark one.)

Variable #	35	Usage Notes:	Sub-question of F144 V1 Q11 "Smoke cigarettes now".
Sas Name:	CIGSDAY_4	Categories:	Lifestyle: Smoking
Sas Label:	Cigarettes per day		
Type:	Categorical		
Values			
1	Less than 5		
2	5-14		
3	15-24		
4	25-34		
5	35-44		
6	45 or more		

F144 Nutrasweet drink/past year

Past year/Diet soda or fruit drink with Nutrasweet (like Diet Coke, Diet Pepsi, Crystal Light)

Variable #	36	Usage Notes:	none
Sas Name:	NUTSWTNW_4	Categories:	Diet
Sas Label:	Nutrasweet drink/past year		
Type:	Categorical		
Values			
1	Less than 1 per week		
2	1-3 per week		
3	4-6 per week		
4	1 per day		
5	2-3 per day		
6	More than 3 per day		
9	Don't know		

**F144 Saccharine drink/past year**

Past year/Diet soda or fruit drink with saccharine

Variable # 37**Usage Notes:** none**Sas Name:** SACHARNW_4**Categories:** Diet**Sas Label:** Saccharine drink/past year**Type:** Categorical**Values**

1	Less than 1 per week
2	1-3 per week
3	4-6 per week
4	1 per day
5	2-3 per day
6	More than 3 per day
9	Don't know

F144 Equal drink/past year

Past year/A drink sweetened with Equal

Variable # 38**Usage Notes:** none**Sas Name:** DRKEQLNW_4**Categories:** Diet**Sas Label:** Equal drink/past year**Type:** Categorical**Values**

1	Less than 1 per week
2	1-3 per week
3	4-6 per week
4	1 per day
5	2-3 per day
6	More than 3 per day
9	Don't know

F144 Sweet N Low drink/past year

Past year/A drink sweetened with Sweet N Low

Variable # 39**Usage Notes:** none**Sas Name:** DRKSLWNW_4**Categories:** Diet**Sas Label:** Sweet N Low drink/past year**Type:** Categorical**Values**

1	Less than 1 per week
2	1-3 per week
3	4-6 per week
4	1 per day
5	2-3 per day
6	More than 3 per day
9	Don't know



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F144 Equal dessert/past year

Past year/A dessert made with Equal

Variable # 40
Sas Name: DESEQLNW_4
Sas Label: Equal dessert/past year
Type: Categorical

Usage Notes: none
Categories: Diet

Values

1	Less than 1 per week
2	1-3 per week
3	4-6 per week
4	1 per day
5	2-3 per day
6	More than 3 per day
9	Don't know

F144 Sweet N Low dessert/past year

Past year/A dessert made with Sweet N Low

Variable # 41
Sas Name: DESSLWNW_4
Sas Label: Sweet N Low dessert/past year
Type: Categorical

Usage Notes: none
Categories: Diet

Values

1	Less than 1 per week
2	1-3 per week
3	4-6 per week
4	1 per day
5	2-3 per day
6	More than 3 per day
9	Don't know

F144 Olestra/past year

Past year/A food with the fat substitute Olestra

Variable # 42
Sas Name: OESTRANW_4
Sas Label: Olestra/past year
Type: Categorical

Usage Notes: none
Categories: Diet

Values

1	Less than 1 per week
2	1-3 per week
3	4-6 per week
4	1 per day
5	2-3 per day
6	More than 3 per day
9	Don't know



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F144 Nutrasweet drink/10 years ago

Ten years ago/Diet soda or fruit drink with Nutrasweet (like Diet Coke, Diet Pepsi, Crystal Light)

Variable # 43 **Usage Notes:** none
Sas Name: NUTSWT10_4
Sas Label: Nutrasweet drink/10 years ago **Categories:** Diet
Type: Categorical

Values

1	1 per week or less
2	2-6 per week
3	1 per day or more
9	Don't know

F144 Saccharine drink/10 years ago

Ten years ago/Diet soda or fruit drink with saccharine

Variable # 44 **Usage Notes:** none
Sas Name: SACHAR10_4
Sas Label: Saccharine drink/10 years ago **Categories:** Diet
Type: Categorical

Values

1	1 per week or less
2	2-6 per week
3	1 per day or more
9	Don't know

F144 Equal drink/10 years ago

Ten years ago/A drink sweetened with Equal

Variable # 45 **Usage Notes:** none
Sas Name: DRKEQL10_4
Sas Label: Equal drink/10 years ago **Categories:** Diet
Type: Categorical

Values

1	1 per week or less
2	2-6 per week
3	1 per day or more
9	Don't know



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F144 Sweet N Low drink/10 years ago

Ten years ago/A drink sweetened with Sweet N Low

Variable #	46	Usage Notes:	none
Sas Name:	DRKSLW10_4	Categories:	Diet
Sas Label:	Sweet N Low drink/10 years ago		
Type:	Categorical		

Values

1	1 per week or less
2	2-6 per week
3	1 per day or more
9	Don't know

F144 Equal dessert/10 years ago

Ten years ago/A dessert made with Equal

Variable #	47	Usage Notes:	none
Sas Name:	DESEQL10_4	Categories:	Diet
Sas Label:	Equal dessert/10 years ago		
Type:	Categorical		

Values

1	1 per week or less
2	2-6 per week
3	1 per day or more
9	Don't know

F144 Sweet N Low dessert/10 years ago

Ten years ago/A dessert made with Sweet N Low

Variable #	48	Usage Notes:	none
Sas Name:	DESSLW10_4	Categories:	Diet
Sas Label:	Sweet N Low dessert/10 years ago		
Type:	Categorical		

Values

1	1 per week or less
2	2-6 per week
3	1 per day or more
9	Don't know



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F144 Saccharine drink/20 years ago

Twenty years ago/Diet soda with saccharine (like Diet Coke, Diet Pepsi)

Variable # 49 **Usage Notes:** none
Sas Name: SACHAR20_4
Sas Label: Saccharine drink/20 years ago **Categories:** Diet
Type: Categorical

Values

1	1 per week or less
2	2-6 per week
3	1 per day or more
9	Don't know

F144 Sweet N Low drink/20 years ago

Twenty years ago/A drink sweetened with Sweet N Low

Variable # 50 **Usage Notes:** none
Sas Name: DRKSLW20_4
Sas Label: Sweet N Low drink/20 years ago **Categories:** Diet
Type: Categorical

Values

1	1 per week or less
2	2-6 per week
3	1 per day or more
9	Don't know

F144 Sweet N Low dessert/20 years ago

Twenty years ago/A dessert made with Sweet N Low

Variable # 51 **Usage Notes:** none
Sas Name: DESSLW20_4
Sas Label: Sweet N Low dessert/20 years ago **Categories:** Diet
Type: Categorical

Values

1	1 per week or less
2	2-6 per week
3	1 per day or more
9	Don't know



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F144 Natural hormones in past year

In the past year, did you use any natural hormones that you can get without a doctor's prescription? These are usually made from plants and often obtained from health food stores or by mail order. They may be in the form of a pill, vaginal cream or suppository, or skin cream.

Variable #	52	Usage Notes:	none
Sas Name:	NATHOR_4	Categories:	Medical History: Reproductive Reproductive: Hormones
Sas Label:	Natural hormones in past year		
Type:	Categorical		
Values			
0	No		
1	Yes		
9	Don't know		

F144 Natural/wild yam or prog cream

Wild yam or progesterone creams

Variable #	53	Usage Notes:	Sub-question of F144 V1 Q15 "Natural hormones in past year".
Sas Name:	YAMCRM_4	Categories:	Medical History: Reproductive Reproductive: Hormones
Sas Label:	Natural/wild yam or prog cream		
Type:	Categorical		
Values			
0	No		
1	Yes		

F144 Natural/wild yam pills

Wild yam pills

Variable #	54	Usage Notes:	Sub-question of F144 V1 Q15 "Natural hormones in past year".
Sas Name:	YAMPLS_4	Categories:	Medical History: Reproductive Reproductive: Hormones
Sas Label:	Natural/wild yam pills		
Type:	Categorical		
Values			
0	No		
1	Yes		

F144 Natural/Progest suppositories

Progesterone suppositories

Variable #	55	Usage Notes:	Sub-question of F144 V1 Q15 "Natural hormones in past year".
Sas Name:	PRGSUP_4	Categories:	Medical History: Reproductive Reproductive: Hormones
Sas Label:	Natural/Progest suppositories		
Type:	Categorical		
Values			
0	No		
1	Yes		



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F144 Natural/DHEA pills

DHEA (dehydroepiandrosterone pills)

Variable #	56	Usage Notes:	Sub-question of F144 V1 Q15 "Natural hormones in past year".
Sas Name:	DHEAPL_4	Categories:	Medical History: Reproductive Reproductive: Hormones
Sas Label:	Natural/DHEA pills		
Type:	Categorical		
Values			
0	No		
1	Yes		

F144 Natural/Phytoestrogen pills

Phytoestrogen pills (soy or flax)

Variable #	57	Usage Notes:	Sub-question of F144 V1 Q15 "Natural hormones in past year".
Sas Name:	PHYPLS_4	Categories:	Medical History: Reproductive Reproductive: Hormones
Sas Label:	Natural/Phytoestrogen pills		
Type:	Categorical		
Values			
0	No		
1	Yes		

F144 Natural/Phytoestrogen creams

Phytoestrogen creams (soy or flax)

Variable #	58	Usage Notes:	Sub-question of F144 V1 Q15 "Natural hormones in past year".
Sas Name:	PHYCRM_4	Categories:	Medical History: Reproductive Reproductive: Hormones
Sas Label:	Natural/Phytoestrogen creams		
Type:	Categorical		
Values			
0	No		
1	Yes		

F144 Natural/Phytoestrogen foods

Phytoestrogen containing foods (tofu, soybeans)

Variable #	59	Usage Notes:	Sub-question of F144 V1 Q15 "Natural hormones in past year".
Sas Name:	PHYFDS_4	Categories:	Medical History: Reproductive Reproductive: Hormones
Sas Label:	Natural/Phytoestrogen foods		
Type:	Categorical		
Values			
0	No		
1	Yes		



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F144 Natural/Other

Other		
Variable #	60	Usage Notes: Sub-question of F144 V1 Q15 "Natural hormones in past year".
Sas Name:	NTOTHR_4	
Sas Label:	Natural/Other	Categories: Medical History: Reproductive Reproductive: Hormones
Type:	Categorical	
Values		
0	No	
1	Yes	

F144 Natural/Don't know

Don't know		
Variable #	61	Usage Notes: Sub-question of F144 V1 Q15 "Natural hormones in past year".
Sas Name:	NTDNTK_4	
Sas Label:	Natural/Don't know	Categories: Medical History: Reproductive Reproductive: Hormones
Type:	Categorical	
Values		
0	No	
1	Yes	

F144 Used female hormones in past year

In the past year, did you use female hormones (ESTROGEN or PROGESTERONE) that were prescribed by a doctor? (This may have been in the form of a pill, skin patch, shot, or vaginal cream or suppository.)

Variable #	62	Usage Notes: none
Sas Name:	HRPST1YR_4	
Sas Label:	Used female hormones in past year	Categories: Medical History: Medications Medical History: Reproductive Reproductive: Hormones
Type:	Categorical	
Values		
0	No	
1	Yes	
9	Don't know	

F144 Combined estr/progest pills

In the past year, did you use female hormone PILLS prescribed by a doctor which contained both ESTROGEN and progestin (PROGESTERONE) COMBINED in the same pill or package (for example, Prempro, Premphase)? (Do not include use of two separate estrogen and progestin pills used at the same time.)

Variable #	63	Usage Notes: Sub-question of F144 V1 Q16 "Used female hormones/past year".
Sas Name:	EPPL_4	
Sas Label:	Combined estr/progest pills	Categories: Medical History: Medications Medical History: Reproductive Reproductive: Hormones
Type:	Categorical	
Values		
0	No	
1	Yes	
9	Don't know	



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F144 Months used estr/progest pills

In the past year, how many months did you use COMBINED female hormone PILLS which contained both ESTROGEN and PROGESTIN?

Variable #	64	Usage Notes:	Sub-question of F144 V1 Q16 "Used female hormones/past year". Sub-question of F144 V1 Q17 "Combined estr/progest pills".
Sas Name:	EPDUR_4	Categories:	Medical History: Medications Medical History: Reproductive Reproductive: Hormones
Sas Label:	Months used estr/progest pills		
Type:	Categorical		
Values			
1	Less than 1 month		
2	1-6 months		
3	7-10 months		
4	11-12 months		

F144 Combined estr/testost pills

In the past year, did you use female hormone PILLS prescribed by a doctor which contained both ESTROGEN and TESTOSTERONE COMBINED in the same pill (for example, Estratest)?

Variable #	65	Usage Notes:	Sub-question of F144 V1 Q16 "Used female hormones/past year".
Sas Name:	ETPL_4	Categories:	Medical History: Medications Medical History: Reproductive Reproductive: Hormones
Sas Label:	Combined estr/testost pills		
Type:	Categorical		
Values			
0	No		
1	Yes		
9	Don't know		

F144 Months used estr/testost pills

In the past year, how many months did you use COMBINED female hormone PILLS which contained both ESTROGEN and TESTOSTERONE?

Variable #	66	Usage Notes:	Sub-question of F144 V1 Q16 "Used female hormones/past year". Sub-question of F144 V1 Q18 "Combined estr/testost pills".
Sas Name:	ETDUR_4	Categories:	Medical History: Medications Medical History: Reproductive Reproductive: Hormones
Sas Label:	Months used estr/testost pills		
Type:	Categorical		
Values			
1	Less than 1 month		
2	1-6 months		
3	7-10 months		
4	11-12 months		

**F144 Estr/testost pill used longest**

In the past year, what type of COMBINED ESTROGEN and TESTOSTERONE pill did you use the longest?

Variable # 67**Sas Name:** ETTYPE_4**Sas Label:** Estr/testost pill used longest**Type:** Categorical**Usage Notes:** Sub-question of F144 V1 Q16 "Used female hormones/past year".
Sub-question of F144 V1 Q18 "Combined estr/testost pills".**Categories:** Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones**Values**

1	Estratest
2	Estratest HS
8	Other

F144 Used estrogen pills

In the past year, did you use ESTROGEN PILLS which were prescribed by a doctor (for example, Premarin, Estrace, Ogen)? (Do not include the combined pill of estrogen progestin or the combined pill of estrogen and testosterone.)

Variable # 68**Sas Name:** EPL_4**Sas Label:** Used estrogen pills**Type:** Categorical**Usage Notes:** Sub-question of F144 V1 Q16 "Used female hormones/past year".**Categories:** Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones**Values**

0	No
1	Yes
9	Don't know

F144 Months used estrogen pills

In the past year, how many months did you use ESTROGEN PILLS?

Variable # 69**Sas Name:** EPLDUR_4**Sas Label:** Months used estrogen pills**Type:** Categorical**Usage Notes:** Sub-question of F144 V1 Q16 "Used female hormones/past year".
Sub-question of F144 V1 Q19 "Used estrogen pills".**Categories:** Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones**Values**

1	Less than 1 month
2	1-6 months
3	7-10 months
4	11-12 months

**F144 Estrogen pills days per month**

In the past year, when you were using ESTROGEN pills, what was the average number of days each month you used the pills?

Variable # 70**Sas Name:** EPLDAYS_4**Sas Label:** Estrogen pills days per month**Type:** Categorical**Usage Notes:** Sub-question of F144 V1 Q16 "Used female hormones/past year".
Sub-question of F144 V1 Q19 "Used estrogen pills".**Categories:** Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones**Values**

0	Less than 1 day
1	1-7 days
2	8-14 days
3	15-21 days
4	22-27 days
5	28 or more days

F144 Estrogen pills used longest

In the past year, what type of ESTROGEN pills did you use the longest?

Variable # 71**Sas Name:** EPLTYPE_4**Sas Label:** Estrogen pills used longest**Type:** Categorical**Usage Notes:** Sub-question of F144 V1 Q16 "Used female hormones/past year".
Sub-question of F144 V1 Q19 "Used estrogen pills".**Categories:** Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones**Values**

1	Premarin or conjugated equine estrogens
2	Estrace
3	Ogen
8	Other
9	Don't know

F144 Estrogen pill dose per day

What dose did you usually take each day? (Mark one. If you regularly take more than one dose, mark the lowest dose.)

Variable # 72**Sas Name:** EPLDOSE_4**Sas Label:** Estrogen pill dose per day**Type:** Categorical**Usage Notes:** Sub-question of F144 V1 Q16 "Used female hormones/past year".
Sub-question of F144 V1 Q19 "Used estrogen pills".**Categories:** Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones**Values**

1	0.3 mg
2	0.625 mg
3	0.9 mg
4	1 mg
5	1.25 mg
6	2 mg
7	2.5 mg
8	Other
9	Don't know

**F144 Took estrogen shots**

In the past year, did you take shots containing the hormone ESTROGEN?

Variable # 73**Sas Name:** ESHT_4**Sas Label:** Took estrogen shots**Type:** Categorical**Usage Notes:** Sub-question of F144 V1 Q16 "Used female hormones/past year".**Categories:** Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones**Values**

0	No
1	Yes
9	Don't know

F144 Months took estrogen shots

In the past year, how many months did you take the shots? (Count each shot as one month.)

Variable # 74**Sas Name:** ESHTDUR_4**Sas Label:** Months took estrogen shots**Type:** Categorical**Usage Notes:** Sub-question of F144 V1 Q16 "Used female hormones/past year".
Sub-question of F144 V1 Q20 "Took estrogen shots".**Categories:** Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones**Values**

1	Less than 1 month
2	1-6 months
3	7-10 months
4	11-12 months

F144 Used estrogen vaginally

In the past year, did you use a vaginal cream or suppository containing ESTROGEN which was prescribed by a doctor?

Variable # 75**Sas Name:** ECRM_4**Sas Label:** Used estrogen vaginally**Type:** Categorical**Usage Notes:** Sub-question of F144 V1 Q16 "Used female hormones/past year".**Categories:** Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones**Values**

0	No
1	Yes
9	Don't know

F144 Months used vaginal estrogen

In the past year, how many months did you use the vaginal cream or suppository?

Variable # 76**Sas Name:** ECRMDUR_4**Sas Label:** Months used vaginal estrogen**Type:** Categorical**Usage Notes:** Sub-question of F144 V1 Q16 "Used female hormones/past year".
Sub-question of F144 V1 Q21 "Used estrogen vaginally".**Categories:** Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones**Values**

1	Less than 1 month
2	1-6 months
3	7-10 months
4	11-12 months



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Data File: f144_av4_os_pub

File Date: 07/19/2007

Structure: One row per participant

Population: OS participants

F144 Used estrogen skin patch

In the past year, did you use a SKIN PATCH containing the hormone ESTROGEN with or without PROGESTOERONE (for example, Estraderm, Climara, Vivelle)?

Variable # 77**Sas Name:** EPCH_4**Sas Label:** Used estrogen skin patch**Type:** Categorical**Values**

0	No
1	Yes
9	Don't know

Usage Notes: Sub-question of F144 V1 Q16 "Used female hormones/past year".

On forms 146-148 this variable reflects non-combination estrogen use only.

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones**F144 Months used skin patch**

In the past year, how many months did you use the patch?

Variable # 78**Sas Name:** EPCHDUR_4**Sas Label:** Months used skin patch**Type:** Categorical**Values**

1	Less than 1 month
2	1-6 months
3	7-10 months
4	11-12 months

Usage Notes: Sub-question of F144 V1 Q16 "Used female hormones/past year".

Sub-question of F144 V1 Q22 "Used estrogen skin patch".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones**F144 Skin patch used longest**

In the past year, what type of patch did you use the longest?

Variable # 79**Sas Name:** EPCHTYPE_4**Sas Label:** Skin patch used longest**Type:** Categorical**Values**

1	Estrogen
2	Estrogen plus progesterone
8	Other
9	Don't know

Usage Notes: Sub-question of F144 V1 Q16 "Used female hormones/past year".

Sub-question of F144 V1 Q22 "Used estrogen skin patch".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones



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Data File: f144_av4_os_pub **File Date:** 07/19/2007 **Structure:** One row per participant **Population:** OS participants

F144 Skin patch dose

What does of ESTROGEN was in the skin patch you usually used?

Variable #	80	Usage Notes:	Sub-question of F144 V1 Q16 "Used female hormones/past year". Sub-question of F144 V1 Q22 "Used estrogen skin patch".
Sas Name:	EPCHDOSE_4	Categories:	Medical History: Medications Medical History: Reproductive Reproductive: Hormones
Sas Label:	Skin patch dose		
Type:	Categorical		
Values			
1	0.05 mg		
2	0.1 mg		
8	Other		
9	Don't know		

F144 Skin patch changed per week

What was the average number of times each week that you changed your skin patch?

Variable #	81	Usage Notes:	Sub-question of F144 V1 Q16 "Used female hormones/past year". Sub-question of F144 V1 Q22 "Used estrogen skin patch".
Sas Name:	EPCHCHNG_4	Categories:	Medical History: Medications Medical History: Reproductive Reproductive: Hormones
Sas Label:	Skin patch changed per week		
Type:	Categorical		
Values			
1	Less than once each week		
2	1-2 times each week		
3	3-4 times each week		
4	5 or more times each week		

F144 Used progesterone pills

In the past year, did you use the female hormone PILL called PROGESTERONE or progestin (for example, Provera, Cycrin, Aman, Megace)? (Do not included the combined pill of estrogen and progestin.)

Variable #	82	Usage Notes:	Sub-question of F144 V1 Q16 "Used female hormones/past year".
Sas Name:	PPL_4	Categories:	Medical History: Medications Medical History: Reproductive Reproductive: Hormones
Sas Label:	Used progesterone pills		
Type:	Categorical		
Values			
0	No		
1	Yes		
9	Don't know		



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Data File: f144_av4_os_pub

File Date: 07/19/2007

Structure: One row per participant

Population: OS participants

F144 Months used progest pills

In the past year, how many months did you use PROGESTERONE or progestin pills?

Variable # 83**Sas Name:** PPLDUR_4**Sas Label:** Months used progest pills**Type:** Categorical**Usage Notes:** Sub-question of F144 V1 Q16 "Used female hormones/past year".
Sub-question of F144 V1 Q23 "Used progesterone pills".**Categories:** Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones**Values**

1	Less than 1 month
2	1-6 months
3	7-10 months
4	11-12 months

F144 Progest pills days per month

In the past year, when you were using PROGESTERONE or progestin pills, what was the average number of days each month you used the pills?

Variable # 84**Sas Name:** PPLDAY_4**Sas Label:** Progest pills days per month**Type:** Categorical**Usage Notes:** Sub-question of F144 V1 Q16 "Used female hormones/past year".
Sub-question of F144 V1 Q23 "Used progesterone pills".**Categories:** Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones**Values**

0	Less than 1 day
1	1-9 days
2	10-12 days
3	13-18 days
4	19-27 days
5	28 or more days

F144 Progest pills used longest

In the past year, what type of PROGESTERONE or progestin pills did you use the longest?

Variable # 85**Sas Name:** PPLTYPE_4**Sas Label:** Progest pills used longest**Type:** Categorical**Usage Notes:** Sub-question of F144 V1 Q16 "Used female hormones/past year".
Sub-question of F144 V1 Q23 "Used progesterone pills".**Categories:** Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones**Values**

1	Provera, Cycrin, Amen
2	Megace
3	Micronized progesterone
8	Other
9	Don't know



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Data File: f144_av4_os_pub

File Date: 07/19/2007

Structure: One row per participant

Population: OS participants

F144 Progest pill dose per day

What dose did you usually take each day? (Mark one. If you regularly take more than one dose, mark the lowest dose).

Variable # 86

Sas Name: PPLDOSE_4

Sas Label: Progest pill dose per day

Type: Categorical

Usage Notes: Sub-question of F144 V1 Q16 "Used female hormones/past year".

Sub-question of F144 V1 Q23 "Used progesterone pills".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones**Values**

1 2.5 mg

2 5 mg

3 7.5 mg

4 10 mg

5 20 mg

6 40 mg

7 More than 40 mg

8 Other

9 Don't know

F144 Cataract(s)

Cataracts(s)

Variable # 87

Sas Name: CATARACT_4

Sas Label: Cataract(s)

Type: Categorical

Usage Notes: none

Categories: Medical History: Other Disease/Condition

Values

0 No

1 Yes

F144 Macular degeneration of retina

Macular degeneration of the retina

Variable # 88

Sas Name: MACDEGNR_4

Sas Label: Macular degeneration of retina

Type: Categorical

Usage Notes: none

Categories: Medical History: Other Disease/Condition

Values

0 No

1 Yes



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F144 Asthma

Asthma

Variable # 89

Usage Notes: none

Sas Name: ASTHMA_4

Categories: Medical History: Other Disease/Condition

Sas Label: Asthma

Type: Categorical

Values

0	No
1	Yes

F144 Emphysema / chronic bronchitis

Emphysema or chronic bronchitis

Variable # 90

Usage Notes: none

Sas Name: EMPHYSEM_4

Categories: Medical History: Other Disease/Condition

Sas Label: Emphysema / chronic bronchitis

Type: Categorical

Values

0	No
1	Yes

F144 Heart failure

Heart failure or congestive heart failure

Variable # 91

Usage Notes: none

Sas Name: CHF_4

Categories: Medical History: Cardiovascular

Sas Label: Heart failure

Type: Categorical

Values

0	No
1	Yes

F144 Angina

Angina (chest pains from the heart)

Variable # 92

Usage Notes: none

Sas Name: ANGINA_4

Categories: Medical History: Cardiovascular

Sas Label: Angina

Type: Categorical

Values

0	No
1	Yes



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F144 Atrial fibrillation

Atrial fibrillation

Variable # 93
Sas Name: ATRIALFB_4
Sas Label: Atrial fibrillation
Type: Categorical

Usage Notes: none
Categories: Medical History: Cardiovascular

Values	
0	No
1	Yes

F144 Kidney or bladder stones

Kidney or bladder stones (renal or urinary calculi)

Variable # 94
Sas Name: KIDNEYST_4
Sas Label: Kidney or bladder stones
Type: Categorical

Usage Notes: none
Categories: Medical History: Other Disease/Condition

Values	
0	No
1	Yes

F144 Dialysis for kidney failure

Dialysis for kidney or renal failure

Variable # 95
Sas Name: KIDDIALY_4
Sas Label: Dialysis for kidney failure
Type: Categorical

Usage Notes: none
Categories: Medical History: Other Disease/Condition

Values	
0	No
1	Yes

F144 Stomach or duodenal ulcer

Stomach or duodenal ulcer

Variable # 96
Sas Name: STOMULCR_4
Sas Label: Stomach or duodenal ulcer
Type: Categorical

Usage Notes: none
Categories: Medical History: Other Disease/Condition

Values	
0	No
1	Yes



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F144 Diverticulitis

Diverticulitis

Variable # 97
Sas Name: DIVERTIC_4
Sas Label: Diverticulitis
Type: Categorical

Usage Notes: none
Categories: Medical History: Other Disease/Condition

Values	
0	No
1	Yes

F144 Pancreatitis

Pancreatitis (inflamed pancreas)

Variable # 98
Sas Name: PANCREAT_4
Sas Label: Pancreatitis
Type: Categorical

Usage Notes: none
Categories: Medical History: Other Disease/Condition

Values	
0	No
1	Yes

F144 Liver disease

Liver disease (chronic active hepatitis, cirrhosis, or yellow jaundice)

Variable # 99
Sas Name: LIVRDIS_4
Sas Label: Liver disease
Type: Categorical

Usage Notes: none
Categories: Medical History: Other Disease/Condition

Values	
0	No
1	Yes

F144 Overactive thyroid

Overactive thyroid

Variable # 100
Sas Name: OVRTHY_4
Sas Label: Overactive thyroid
Type: Categorical

Usage Notes: none
Categories: Medical History: Thyroid

Values	
0	No
1	Yes



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Data File: f144_av4_os_pub **File Date:** 07/19/2007 **Structure:** One row per participant **Population:** OS participants

F144 Underactive thyroid

Underactive thyroid

Variable # 101

Sas Name: UNDTHY_4

Sas Label: Underactive thyroid

Type: Categorical

Usage Notes: none

Categories: Medical History: Thyroid

Values	
0	No
1	Yes

F144 Alzheimer's disease

Alzheimer's disease

Variable # 102

Sas Name: ALZHEIM_4

Sas Label: Alzheimer's disease

Type: Categorical

Usage Notes: none

Categories: Medical History: Other Disease/Condition

Values	
0	No
1	Yes

F144 Multiple sclerosis

Multiple sclerosis

Variable # 103

Sas Name: MS_4

Sas Label: Multiple sclerosis

Type: Categorical

Usage Notes: none

Categories: Medical History: Other Disease/Condition

Values	
0	No
1	Yes

F144 Parkinson's disease

Parkinson's disease

Variable # 104

Sas Name: PARKINS_4

Sas Label: Parkinson's disease

Type: Categorical

Usage Notes: none

Categories: Medical History: Other Disease/Condition

Values	
0	No
1	Yes



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Data File: f144_av4_os_pub **File Date:** 07/19/2007 **Structure:** One row per participant **Population:** OS participants

F144 ALS/Lou Gehrig's disease

Amyotrophic Lateral Sclerosis (ALS, motor neuron disease, or Lou Gehrig's disease)

Variable #	105	Usage Notes:	none
Sas Name:	ALS_4	Categories:	Medical History: Other Disease/Condition
Sas Label:	ALS/Lou Gehrig's disease		
Type:	Categorical		
Values			
0	No		
1	Yes		

F144 Current marital status

What is your current marital status? (Mark the one that best describes you.)

Variable #	106	Usage Notes:	none
Sas Name:	MARITAL_4	Categories:	Demographic
Sas Label:	Current marital status		
Type:	Categorical		
Values			
1	Never married		
2	Divorced or separated		
3	Widowed		
4	Presently married		
5	Living in a marriage-like relationship		

Recreational phys activity per week

Computed from Form 144, questions 4, 5.1, 5.3, and 5.5. Total number of episodes per week of recreational physical activity (includes walking, mild, moderate and strenuous physical activity).

Variable #	107	Usage Notes:	none
Sas Name:	TEPIWK_4	Categories:	Computed Variables Physical Activity
Sas Label:	Recreational phys activity per week		
Type:	Continuous		

Recr. phys activity per week >= 20 Min

Computed from Form 144, questions 4, 4.1, 5.1, 5.2, 5.3, 5.4, 5.5 and 5.6. Episodes per week of recreational physical activity of >=20 minutes duration (includes walking, mild, moderate and strenuous physical activity).

Variable #	108	Usage Notes:	none
Sas Name:	LEPITOT_4	Categories:	Computed Variables Physical Activity
Sas Label:	Recr. phys activity per week >= 20 Min		
Type:	Continuous		



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Data File: f144_av4_os_pub

File Date: 07/19/2007

Structure: One row per participant

Population: OS participants

Mod. to strenuous phys activity per week

Computed from Form 144, questions 4.2, 5.1, and 5.3. Episodes per week of moderate and strenuous recreational physical activity (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity).

Variable # 109

Usage Notes: none

Sas Name: MSEPIWK_4

Sas Label: Mod. to strenuous phys activity per week

Categories: Computed Variables
Physical ActivityType: Continuous

Mod-stren activity > 20 min/week

Computed from Form 144, questions 4, 4.1, 4.2, 5.1, 5.2, 5.3 and 5.4. Episodes per week of moderate and strenuous recreational physical activity of >=20 minutes duration (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity).

Variable # 110

Usage Notes: none

Sas Name: XLMSEPI_4

Sas Label: Mod-stren activity > 20 min/week

Categories: Computed Variables
Physical ActivityType: Continuous

Mod-stren activity >20 min/week (categ)

Computed from Form 144, questions 4, 4.1, 4.2, 5.1, 5.2, 5.3, and 5.4. Categorical variable of episodes per week of moderate and strenuous recreational physical activity of >= 20 minutes duration (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity). Computed from XLMSEPI and TEPIWK.

Variable # 111

Usage Notes: none

Sas Name: LMSEPI_4

Sas Label: Mod-stren activity >20 min/week (categ)

Categories: Computed Variables
Physical Activity

Type: Categorical

Values

1	No activity
2	Some activity of limited duration
3	2 to <4 episodes per week
4	4 episodes per week

Strenuous activity episodes per week

Computed from Form 144, question 5.1. Episodes per week of strenuous recreational physical activity.

Variable # 112

Usage Notes: none

Sas Name: SEPIWK_4

Sas Label: Strenuous activity episodes per week

Categories: Computed Variables
Physical Activity

Type: Categorical

Values

0	0
1	1
2	2
3	3
4	4
6	5 or more



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Minutes of recr. phys activity per week

Computed from Form 144, questions 4, 4.1, 5.1, 5.2, 5.3, 5.4, 5.5, and 5.6. Total minutes per week of recreational physical activity (includes walking, mild, moderate and strenuous physical activity).

Variable #	113	Usage Notes:	none
Sas Name:	TMINWK_4	Categories:	Computed Variables Physical Activity
Sas Label:	Minutes of recr. phys activity per week		
Type:	Continuous		

Minutes of mod-stren activity per week

Computed from Form 144, questions 4, 4.2, 5.1, and 5.3. Minutes per week of moderate and strenuous recreational physical activity (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity).

Variable #	114	Usage Notes:	none
Sas Name:	MSMINWK_4	Categories:	Computed Variables Physical Activity
Sas Label:	Minutes of mod-stren activity per week		
Type:	Continuous		

Minutes of stren. phys activity per week

Computed from Form 144, questions 5.1 and 5.2. Minutes per week of strenuous recreational physical activity.

Variable #	115	Usage Notes:	none
Sas Name:	SMINWK_4	Categories:	Computed Variables Physical Activity
Sas Label:	Minutes of stren. phys activity per week		
Type:	Continuous		

Total MET-hours per week

Computed from Form 144, questions 4, 4.1, 4.2, 5.1, 5.2, 5.3, 5.4, 5.5, and 5.6. Total MET-hours per week. Expenditure of energy from recreational physical activity (includes walking, mild, moderate and strenuous physical activity in kcal/week/kg).

Variable #	116	Usage Notes:	none
Sas Name:	TEXPWK_4	Categories:	Computed Variables Physical Activity
Sas Label:	Total MET-hours per week		
Type:	Continuous		

MET-hours per week from walking

Computed from Form 144, questions 4, 4.1, and 4.2. Expenditure of energy from physical activity from walking in kcal/week/kg (MET-hours per week).

Variable #	117	Usage Notes:	none
Sas Name:	WALKEXP_4	Categories:	Computed Variables Physical Activity
Sas Label:	MET-hours per week from walking		
Type:	Continuous		



Energy expend from avg walking

Computed from Form 144, questions 4, 4.1 and 4.2. Energy expenditure from average walking (2-3 mph) in MET-hours per week. If question 6.2 (speed of walking) was marked as *¿don¿t know¿* or was missing, the speed was assumed to be 2-3 mph.

Variable #	118	Usage Notes:	none
Sas Name:	AVWKEXP_4		
Sas Label:	Energy expend from avg walking	Categories:	Computed Variables Physical Activity
Type:	Continuous		

Energy expend from walking fairly fast

Computed from Form 144, questions 4, 4.1 and 4.2. Energy expenditure form walking fairly fast (3-4 mph) in MET-hours per week.

Variable #	119	Usage Notes:	none
Sas Name:	FFWKEXP_4		
Sas Label:	Energy expend fr walking fairly fast	Categories:	Computed Variables Physical Activity
Type:	Continuous		

Energy expend from walking very fast

Computed from Form 144, questions 4, 4.1, and 4.2. Energy expenditure from walking very fast (> 4 mph) in MET-hours per week.

Variable #	120	Usage Notes:	none
Sas Name:	VFWKEXP_4		
Sas Label:	Energy expend from walking very fast	Categories:	Computed Variables Physical Activity
Type:	Continuous		

Energy expenditure from hard exercise

Computed from Form 144, questions 5.1 and 5.2. Energy expenditure from strenuous or very hard exercise (for example, aerobics, aerobic dancing, jogging, tennis, swimming laps) in MET-hours per week.

Variable #	121	Usage Notes:	none
Sas Name:	HARDEXP_4		
Sas Label:	Energy expenditure from hard exercise	Categories:	Computed Variables Physical Activity
Type:	Continuous		

Energy expenditure from mod. exercise

Computed from Form 144, questions 5.3 and 5.4. Energy expenditure from moderate exercise (for example, biking outdoors, using an exercise machine, calisthenics, easy swimming, popular or folk dancing) in MET-hours per week.

Variable #	122	Usage Notes:	none
Sas Name:	MODEXP_4		
Sas Label:	Energy expend from moderate exercise	Categories:	Computed Variables Physical Activity
Type:	Continuous		



Form 144 - OS Questionnaire Year 4

Data File: f144_av4_os_pub

File Date: 07/19/2007

Structure: One row per participant

Population: OS participants

Energy expenditure from mild exercise

Computed from Form 144, questions 5.5 and 5.6. Energy expenditure from mild exercise (for example, slow dancing, bowling, golf) in MET-hours per week.

Variable # 123

Usage Notes: none

Sas Name: MILDEXP_4

Sas Label: Energy expenditure from mild exercise

Categories: Computed Variables
Physical ActivityType: Continuous

Estrogen use last year

Computed from Form 144 questions 16, 17, 18, 19 and 22.

Variable # 124

Usage Notes: none

Sas Name: EST_4

Sas Label: Estrogen use last year

Categories: Computed Variables
Reproductive: Hormones

Type: Categorical

Values

0	No
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1	Yes
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Progesterone use last year

Computed from Form 144 questions 16, 17, 22, 22.2 and 23.

Variable # 125

Usage Notes: none

Sas Name: PRG_4

Sas Label: Progesterone use last year

Categories: Computed Variables
Reproductive: Hormones

Type: Categorical

Values

0	No
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1	Yes
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Hormone use last year (estrog. or progest.)

Computed from variables "Progesterone use last year" and "Estrogen use last year".

Variable # 126

Usage Notes: none

Sas Name: HRT_4

Sas Label: Hormone use last year (estrogen or progesterone)

Categories: Computed Variables
Reproductive: Hormones

Type: Categorical

Values

0	No
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1	Yes
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